

2018 Summer Boating Programs

Lake Johnson Park: Waterfront Program Center

Fundamentals Programs

These programs are designed for those wanting to learn and perfect their technical paddling skills. Participants will learn the parts of the boat they are using, paddling strokes and techniques, maneuverability techniques, and self-rescue techniques. This program is great for beginners and intermediate paddlers. Be prepared to get wet. All equipment is provided.

Morning and Sunset Boating Programs

Take a guided tour of Lake Johnson with one of our nature instructors. Participants will learn about natural features of the lake, history of the lake, and work on paddling techniques. This program is great for beginners and experienced paddlers alike! Be prepared to get wet. All equipment is provided, but feel free to bring your own (binoculars recommended).

Fundamentals of Kayaking

Age: 12+

Cost: \$20/person

#219332	May 15	Tu	6 - 8 PM
#219333	May 16	W	6 - 8 PM
#219334	June 5	Tu	6 - 8 PM
#219335	June 6	W	6 - 8 PM
#219336	Jul 10	Tu	6 - 8 PM
#219337	Jul 11	W	6 - 8 PM
#219338	Aug 7	Tu	6 - 8 PM
#219339	Aug 8	W	6 - 8 PM

Fundamentals of Stand-up Paddle Boarding

Age: 16+

Cost: \$25/person

#219385	May 22	Tu	6 - 8 PM
#219386	May 23	W	6 - 8 PM
#219387	June 19	Tu	6 - 8 PM
#219388	June 20	W	6 - 8 PM
#219389	July 17	Tu	6 - 8 PM
#219390	July 18	W	6 - 8 PM
#219391	Aug 21	Tu	5:45-7:45 PM
#219392	Aug 22	We	5:45-7:45 PM

Fundamentals of Canoeing

Age: 12+

Cost: \$20/person

#219452	Jun 12	Tu	6 - 8 PM
#219453	Jun 13	W	6 - 8 PM
#219454	Aug 14	Tu	5:45-7:45 PM
#219455	Aug 15	W	5:45-7:45 PM

Morning Canoe

Age: 10+

Cost: \$15/person

#219450	Jun 16	Sa	8 - 10 AM
#219451	Aug 18	Sa	8 - 10 AM

Morning Kayak

Age: 10+

Cost: \$15/person

#219399	May 19	Sa	8 - 9 AM
#219400	Jun 9	Sa	8 - 9 AM
#219401	Jul 14	Sa	8 - 9 AM
#219402	Aug 11	Sa	8 - 9 AM

Morning Stand-up Paddle Board

Age: 16+

Cost: \$20/person

#219446	May 26	Sa	8 - 10 AM
#219447	June 23	Sa	8 - 10 AM
#219448	July 21	Sa	8 - 10 AM
#219449	Aug 25	Sa	8 - 10 AM

Sunset Canoe

Age: 10+

Cost: \$15/person

#219459	Jun 14	Th	6:15-8:15 PM
#219460	Aug 16	Th	5:45-7:45 PM

Sunset Kayak

Age: 10+

Cost: \$15/person

#219340	May 17	Th	6 - 8 PM
#219341	Jun 7	Th	6:15-8:15 PM
#219342	Jul 19	Th	6:15-8:15 PM
#219398	Aug 23	Th	5:45-7:45 PM

Sunset Stand-up Paddle Board

Age: 16+

Cost: \$20/person

#219395	May 24	Th	6 - 8 PM
#219396	June 21	Th	6:15-8:15 PM
#219397	July 19	Th	6:15-8:15 PM
#219398	Aug 23	Th	5:45-7:45 PM

All participants under the age of 16 must be registered with an adult.

Advance registration is required for all boating programs.

Register online at reclink.raleighnc.gov



Raleigh Parks, Recreation and Cultural Resources
parks.raleighnc.gov

Lake Johnson Park
Waterfront Program Center
4601 Avent Ferry Road
Raleigh, NC 27606
919.233.2121



Wondrous Water:

Kids Kayaking

Ages: 12 - 16 yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the lake's headwaters to get a hands-on look at life in the lake. No paddling experience needed. \$15

#219578 Jul 5 Th 6 - 8 PM

#219579 Aug 2 Th 6 - 8 PM

Stand-up Paddle Board Fitness

Ages: 16+ Incorporating yoga, Pilates, and paddling techniques participants will increase their strength, endurance, and flexibility through increasingly difficult exercises. Sign up for multiple classes to create a workout session suited to your schedule. Instructor: Alicia Hedges. \$15

#219344 May 5 Sa 8-9:30 AM

#219309 May 14 M 6:15-7:45 PM

#219314 May 21 M 6:15-7:45 PM

#219345 June 2 Sa 8-9:30 AM

#219315 June 4 M 6:15-7:45 PM

#219316 June 11 Sa 6:15-7:45 PM

#219317 June 18 M 6:15-7:45 PM

#219318 June 25 M 6:15-7:45 PM

#219319 July 2 M 6:15-7:45 PM

#219346 July 7 Sa 8-9:30 AM

#219320 July 9 M 6:15-7:45 PM

#219321 July 16 M 6:15-7:45 PM

#219322 July 23 M 6:15-7:45 PM

#219323 July 30 M 6:15-7:45 PM

#219347 Aug 4 Sa 8-9:30 AM

#219324 Aug 6 M 6:15-7:45 PM

#219325 Aug 13 M 6:15-7:45 PM

#219326 Aug 20 M 6:15-7:45 PM

#219327 Aug 27 M 6:15-7:45 PM

Stand-up Paddle Board Yoga

Ages: 16+ SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Yoga and/or SUP experience required. Instructor: Angel Bailey \$15

#219467 May 27 Su 8-9:15 AM

#219479 Jun 10 Su 8-9:15 AM

#219480 Jun 24 Su 8-9:15 AM

#219486 Jul 8 Su 8-9:15 AM

#219487 Jul 22 Su 8-9:15 AM

#219488 Aug 12 Su 8-9:15 AM

#219489 Aug 26 Su 8-9:15 AM

Fundamentals of Sailing

Ages: 16+ This course is perfect for beginners. Instruction includes: terminology, basic sailing theory and practice, rigging, and safety procedures. No previous sailing experience required. \$60

#219348 May 14 M 6 - 8 PM

#219349 May 29 Tu 6 - 8 PM

#219350 May 30 W 6 - 8 PM

#219351 June 11 M 6 - 8 PM

#219352 June 25 M 6 - 8 PM

#219353 June 26 Tu 6 - 8 PM

#219354 July 9 M 6 - 8 PM

Private Sailing Lessons

Whether you are a first time sailor or need a refresher course in this exciting sport, our private sailing lessons are for you. Two hours of instruction includes: terminology, basic sailing theory and practice, rigging, and safety procedures. Instructor Margaret Duncan has over 60 years of sailing experience. Call 919-855-8530 for more information or to set up a lesson. \$60

Guided Sailing

Ages: 16+ This is a program for those with experience sailing but still need some guidance and practice. Sail around the lake with an instructor close at hand. This program is great for someone brushing up on their skills. Intro to Sailing, Fundamentals of Sailing, or equivalent experience required as a pre-requisite. \$20

#219348 May 14 M 6 - 8 PM

#219349 May 29 Tu 6 - 8 PM

#219350 May 30 W 6 - 8 PM

#219351 June 11 M 6 - 8 PM

#219352 June 25 M 6 - 8 PM

#219353 June 26 Tu 6 - 8 PM

#219354 July 9 M 6 - 8 PM

Intro to Sailing

Ages: 16+ In this short introductory course, you will learn the basics of sailing a Sunfish sailboat. This course is perfect for beginners and a great refresher for those who have experience but are feeling a bit rusty. \$25

#219348 May 14 M 6 - 8 PM

#219349 May 29 Tu 6 - 8 PM

#219350 May 30 W 6 - 8 PM

#219351 June 11 M 6 - 8 PM

#219352 June 25 M 6 - 8 PM

#219353 June 26 Tu 6 - 8 PM

#219354 July 9 M 6 - 8 PM

#219355 July 23 M 6 - 8 PM

#219356 July 24 Tu 6 - 8 PM

#219357 Aug 13 M 6 - 8 PM

#219358 Aug 27 M 5:45-7:45 PM

#219359 Aug 28 Tu 5:30-7:30 PM

Advance registration is required for all boating programs.

***Register online at
reclink.raleighnc.gov***